The Five-Minute Daily Energy Routine

The Techniques: These simple techniques can benefit nearly anyone living in the stress-producing, polluted, nature-alien, energy-scrambling environments that mark our technological progress. Combine these methods into a "five-minute daily energy routine," that you can use every day. The Daily Routine builds positive habits into your energy field. The techniques are simple yet potent, and they are cumulative.

- the Three Thumps
- the Cross Crawl
- the Wayne Cook Posture
- the Crown Pull
- the Lymphatic Massage
- the Zip-up
- the Hook-up

The Three Thumps

Boosts and restores energy, increases strength and vitality, and strengthens the immune system.

1. Use several fingers or knuckles to tap the spots shown in the pictures. Tap vigorously on each set of spots. Focus on breathing in through your nose and out through your mouth during all the tapping.
2. To locate K-27 points place your fingers on your collarbone and move them inward towards the U-shaped notch at the top of your breastbone. Move your fingers to the bottom of the U and then move down and out about an inch to find the spots. Tap or massage for ten to fifteen seconds.
3. Place the fingers of either or both hands in the center of your sternum at the thymus gland. Tap there for fifteen to twenty seconds with your fingers or your knuckles.
4. Tap the Neurolymphatic Spleen points, beneath the breasts and down one rib, for fifteen seconds. Alternately, tap the Spleen acupuncture points, located on the side of the body about four inches down from the arm pits, for fifteen seconds. If either set is more tender use these points in the future.

The Cross Crawl

Balances and harmonizes energy, improves coordination, and clears thinking.

1. While standing, seated or lying down, lift your right arm and left leg simultaneously.
2. As you let them down, raise your left arm and right leg.
3. Repeat, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body.
4. If you can, twist so that your elbow touches your opposite knee.
5. If you are unable to do this for any reason lift one knee and touch it with the opposite hand rather than your elbow. Then lift the other knee and touch it with the other hand.
6. Continue this exaggerated march for at least a minute, again breathing in deeply.

If doing the Cross Crawl tires you or leaves you feeling uncoordinated, do the Homolateral Crossover Repatterning described on the next page.

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The Homolateral Crossover

1. Begin with the Three Thumps, breathing deeply.
2. Do Connecting Heaven and Earth or the Wayne Cook Posture.
3. March in place, lifting your right arm with your right leg, and then your left arm with your left leg. Breathe deeply throughout the entire exercise.
4. You can adapt these instructions for sitting or lying down. If you are too ill or weak to move your limbs another person can lift them for you. Do not strain yourself. Straining sends your energies back into homolateral, so make it easy on yourself and rest whenever necessary.
5. After about twelve lifts of your arms and legs in this homolateral pattern, stop and change the pattern to a Cross Crawl - lifting the opposite arm and leg - again for about twelve lifts. If it is difficult to coordinate a Cross Crawl, you can touch your right hand to your left knee and your left hand to your right knee as you step.
6. Repeat the pattern twice more - twelve homolateral movements, then twelve Cross Crawls. Anchor it in by adding twelve additional Cross Crawls.
7. End with the Three Thumps.

The Wayne Cook

Focuses your mind. Allows you to untangle inner chaos, see with better perspective, think more clearly, and learn more proficiently.

1. Sit with your spine straight. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose, letting the breath lift your body, while stretching your leg toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times.
3. Switch to the other foot and repeat this entire process.
4. Uncross your legs and "steeple" your fingertips, resting your thumbs just above the bridge of your nose. Breathe slowly in through your nose and out through your mouth three or four times. On exhale, separate your thumb slowly stretching your skin on your forehead. Slowly bring your hands down in front of you. Surrender to your breathing.

The Crown Pull

Relieves mental congestion and headaches, clears and refreshes the mind, sharpens memory, and opens the Crown chakra to higher inspiration

1. Place your thumbs at your temples and your fingertips resting at the middle of your forehead.
2. Slowly, with pressure, pull your fingers apart to the hairline stretching the skin above your eyebrows.
3. Place your fingers at the hairline and repeat the stretch.
4. Repeat this pattern starting at the top, center and back of your head. Continue all the way back and down until you reach the base of your neck. Use pressure as you pull.
5. Move down to your shoulders and push your fingers in and hold. Then pull across your shoulders towards the front. Hold your hands there until it feels right, then release and drop your hands/arms.

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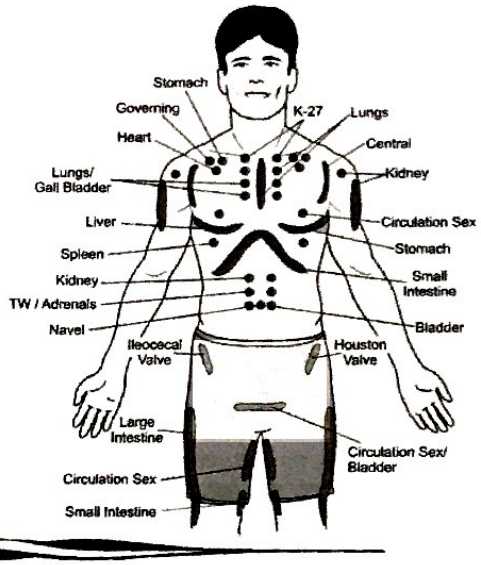
The Neurolymphatic Massage

Energizes and sends toxins to your body's waste removal system. Clears stagnant energies from the body.

1. Massage the points shown in this figure using firm pressure while moving the skin up and down or with a circular motion.
2. Massage each point for about five seconds. Alternate each day so that you get through all of the points every few days.
3. Work tender points for several extra seconds. The tenderness may not go away immediately, but you are clearing the congestion.
4. Neurolymphatic massage is great to do on a daily basis. You will feel a difference.
5. One important note: Neurolymphatic massage helps clear toxins. If you have a lot of toxins in your system you may experience some nausea from this technique as the toxins are released from your bloodstream into the system. This is not harmful, but you may want to proceed more slowly in future sessions.



The Zip-up

Boosts confidence, clears your thoughts, and protects you from negative energies that may be around you.

1. Place your hand at the bottom end of the Central meridian at your pubic bone.
2. Take a deep breath in as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
3. Continue upward, bringing your hands past your lips and exuberantly raising them into the sky. Circle your arms back to your pelvis.
4. Repeat three times.
5. Zip-up this meridian as often as you like.

The Hook-up

Gets Radiant Circuits moving, strengthens auric field, and leaves you feeling whole again. Calms and helps you feel connected.

1. Place the middle finger of one hand on the "third eye" (between the eyebrows above the bridge of the nose) and the middle finger of the other hand in the navel.
2. Gently press each finger into the skin and pull it upwards. Hold for twelve to thirty seconds.
3. You can hold it longer if you like.
4. Often you will experience a deep sigh and/or yawn. This shows your energies have hooked up.

Through years of practice we have designed this "Five-Minute Daily Energy Routine" that combines the most potent techniques we know that are able to help the greatest number of people stimulate each of the vital energy systems of the body and bring them into harmony and balance.

Donna Eden and David Feinstein - The Healing Power of Energy Medicine

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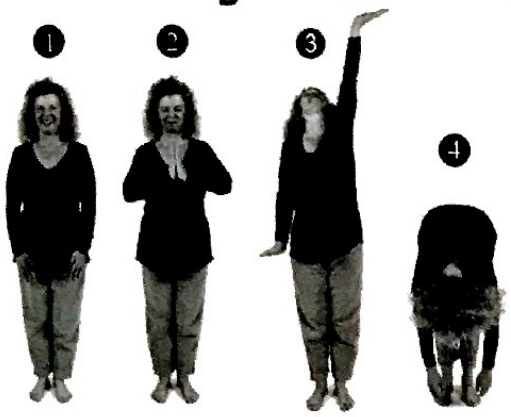
Three More Important Exercises

Connecting Heaven and Earth

Opens the meridians, expels toxic energies, and stimulates fresh energy to flow through the joints.

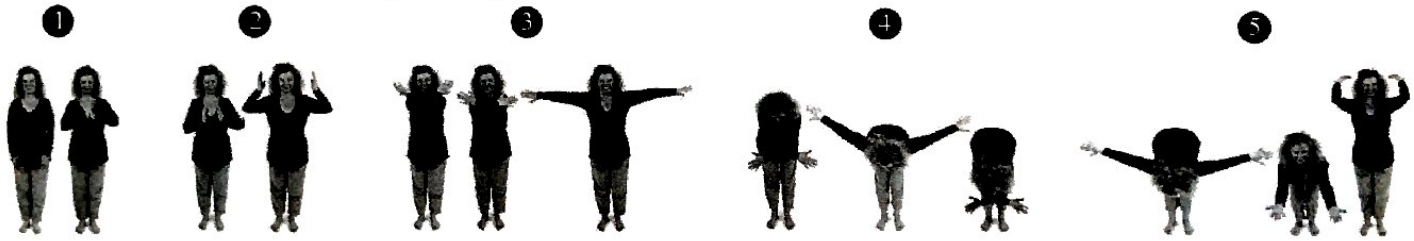


1. Start with your hands on your thighs, fingers spread.
2. Inhale through your nose, circle your arms out, and bring your hands together in prayer position. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one down, pushing with your palms. Hold, exhale through your mouth, and return to the prayer position. Repeat switching arms. Do this twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.

The Celtic Weave

Provides patterning that balances and strengthens your energy systems.

1. Stand tall, hands on thighs. Breathe deeply, in through the nose and out through the mouth throughout.
2. Rub hands together, shake them off, face palms, and try to feel the energy between them. Rub and shake again, place palms close to ears and take a deep breath.
3. Inhale and bring your elbows together. Exhale, cross your arms and swing them out to the side.
4. Cross and swing them out again. Bend forward, repeat and cross arms over upper legs.
5. Swing out again, in front of ankles. Bend knees, turn palms forward, scoop up energy, stand, and pour that energy all over your body.



Heaven Rushing In

Puts you in touch with the sacred dimension of your life, infuses you with the knowledge that you are not alone, and gives you the odd comfort of realizing that all you see is only a glimpse of a larger picture.

1. Stand tall. Take a moment to ground yourself by spreading your fingers on your thighs, breathing deeply, feeling your feet on the ground and being conscious of your connection to the Earth as the energy pours out of your fingers, down your thighs, and into the ground. You are preparing yourself to make a sacred connection.
2. Take a deep breath in, open your arms wide, and bring them into a prayer position in front of yo chest. Exhale.
3. With another deep breath, open your arms wide, lift them and look to the heavens. Reach toward heaven as heaven reaches back to you. You may feel a tingle, a buzz, or heat in your hands. You are touching heaven with your hands, and you are inviting healing energies from the cosmos.
4. Scoop this energy into your arms and bring your hands into the middle of your chest. There is a vortex here called Heaven Rushing In, and "heaven" rushes into your heart with healing, with a glimpse of your true nature, and with a peek into who you are in the larger plan. Even when you do not receive guidance or inspiration, know that they will unfold in their perfect time.
5. If there is a specific area in your body that needs healing, place your charged hands over that area and let the energies stream in.

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